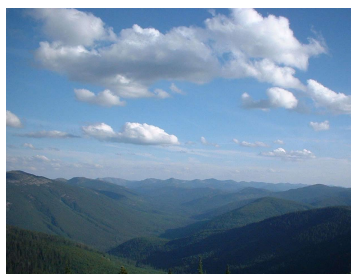




October 2006



IDAHO DIABETES UPDATE

Diabetes Prevention and Control Program and the Diabetes Alliance of Idaho

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To send articles or other information related to diabetes, please e-mail Jean Calomeni at calomenj@idhw.state.id.us.



Snapshot of Diabetes and Hispanics in Idaho

In 2006, the Diabetes Prevention and Control Program of the Idaho Department of Health and Welfare conducted a survey of Idaho Hispanic adults to measure aspects of diabetes management and care. The report, summarizing the findings, is available online at http://healthandwelfare.idaho.gov/portal/alias__Rainbow/lang__en-US/tabID__3396/DesktopDefault.aspx or by e-mailing Michelle Buskey at BuskeyM@idhw.state.id.us.

Though limited in scope, particular findings from the survey bear out the conclusion that adequate management of diabetes continues to be less than optimal for Idaho's Hispanic residents. Risk factors for diabetes, including obesity, high blood pressure and high cholesterol were found to be predominant in Hispanics with diabetes. Preventive care practices, such as daily self-monitoring of blood glucose, self-administered foot checks, twice yearly A1C checks and annual dilated eye exams were low. One encouraging trend was noted—Hispanics with diabetes who participated in a diabetes management class were more likely to engage in multiple preventive care practices than Hispanics with diabetes who did not participate in these classes. There are multiple ways to influence the behaviors of individuals with diabetes; structured class participation may be effective for some.

The state of Idaho faces many challenges in the area of diabetes management and care for Hispanics. We hope that this snapshot of Idaho's Hispanics with diabetes will add to the very important dialogue in which diabetes professionals and the community at large must participate.

**Idaho Diabetes Prevention and Control Program
October 2006**

(see a summary of DPCP data on page 4)



October 2006

Diabetes Alliance of Idaho November Meetings

The *Diabetes Education Issues and Solutions* meeting on November 2nd will be an opportunity for Certified Diabetes Educators and the DPCP to look at the barriers and opportunities each program faces. Topics to be discussed include reimbursement, scope of practice and serving the underinsured and the uninsured.

The November 3rd meeting, titled *Changing Diabetes Care...for Good*, will bring together members of the Diabetes Alliance of Idaho and will feature these topics and speakers:

“Emerging Technology in Identifying Cardiovascular Risk in Diabetes Care” - Bryan Pogue, MD, Selah Medical Center

“Diabetes Care: The Medicare Challenge” - Karen Lewis, RN, CDE, Medical Scientific Liaison, Diabetes, Novo Nordisk, Inc.

“The Endocannabinoid System and the Regulation of Energy Metabolism” - Richard Christensen, MD, Medical Director, Humphreys Diabetes Center

Lunch is provided. The afternoon will be devoted to workgroup meetings. An agenda will be sent out during the first week of October. Both meetings will be held at the Hilton Garden Inn, 7699 West Spectrum Street, Boise Idaho. Contact information for the hotel: Ph: 208-376-1000; Fax: 208-321-7916. Please RSVP to Michelle Buskey at buskeym@idhw.state.id.us or by calling 208.334.6582 or to Jean Calomeni at calomenj@idhw.state.id.us or by calling 208-334-4961.

November 2nd Meeting: *Diabetes Education Issues and Solutions*, 8:00 a.m. - 4:00 p.m.

November 3rd Meeting: *Changing Diabetes Care...for Good*, 8:00 a.m.- 3:00 p.m.

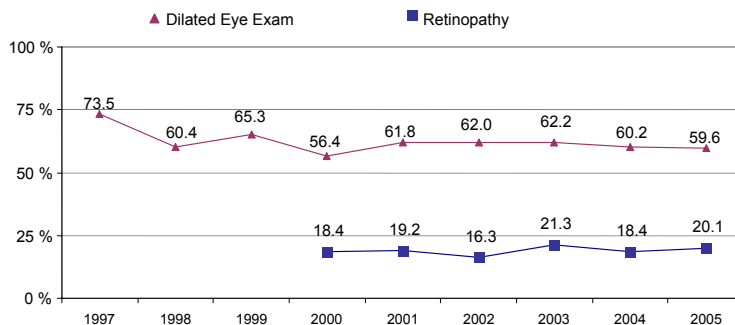
South Central District Health and the Lions Club Mobile Screening Unit Hit the Road

Local ophthalmologists and optometrists, Dr. Mike Taylor, Dr. Jared Walker, Dr. Al Frost and Dr. Bruce Madsen, and Susie Beem of the South Central District Health's Eye Exam Advisory Group are working with the Lions Club to bring diabetes screening into communities throughout south central Idaho. Starting this fall, health professional volunteers riding along with the Mobile Screening Unit will offer foot and eye exams and even conduct brief Healthy Idaho Plate sessions free of charge.

South Central District Health is working with the DPCP to improve the rate of eye exams in Idaho. For more information, contact Susie Beem at sbeem@phd5.state.id.us.



Percent of Idaho Adults With Diabetes Who Have Had An Annual Eye Exam or Who Have Been Diagnosed with Retinopathy



2005 BRFSS Report, Bureau of Health Policy and Vital Statistics, Idaho.



October 2006

Terry Reilly Health Services and Idaho Primary Care Association Present Professional Diabetes Education

On February 15 and 22, 2006, health professionals from Terry Reilly Health Center in Nampa attended a diabetes workshop presented by Greta Van Dyke, RN, CDE of West Valley Medical Center. The Idaho Primary Care Association and the Idaho DPCP sponsored and organized the training with funding from the Idaho DPCP. During the first training, participants learned about the basic pathophysiology of diabetes, steps to self-monitoring blood glucose and nutrition basics, including the Idaho Plate Method. Bayer Healthcare provided glucometers and blood glucose test strips for health professionals to practice testing their own blood sugar levels.

Day two of the professional education series was an overview of diabetes medications for health professionals and facilitating self care. Training participants practiced drawing up and injecting insulin using syringes and saline provided by Bayer Healthcare.

Participants ended the training by completing a course evaluation and training post-test to determine changes in knowledge and awareness. A six-month follow-up post-test will be administered by the Idaho DPCP to determine if health professionals are incorporating acquired knowledge and skills into their daily diabetes teachings with patients.



Greta Van Dyke, RN, CDE of West Valley Medical Center practices drawing up insulin with Terry Reilly Health Center health professionals.



October 2006

IPHH Summary of Data

Preventive Care (Respondents with Diabetes)	%
No health care coverage	62.0
No dental coverage	72.0
Taking insulin	22.0
Taking pills	52.0
Not taking insulin or pills	16.0
Never check their blood sugar	47.0
A1C test done within past 12 months	23.0
Dilated eye exam in past year	43.0
Never checked feet for sores	35.0
Have taken Diabetes Self-Management Course	55.0

DPCP Summary of Data (from Page 1)

Preventive Care (Respondents with Diabetes)	%
Taking Insulin	22.9
Taking Diabetes Pills	77.1
Daily Self-Monitor of Blood Glucose	48.4
Daily Self-Administered Feet Check	55.0
A1C Checked Twice in the Last Year	41.2
Annual Dilated Eye Exam	51.2
Pneumonia Vaccine Ever	36.1
Flu Vaccination in the Past Year	46.6
Ever Taken Diabetes Management Class	50.4

Idaho Partnership for Hispanic Health (IPHH) Begins Disparities Project

By Linda Powell, Project Director, Rural Technical Assistance Program, Idaho Area Health Education Center

The purpose of the IPHH is to identify key health concerns in Idaho's Hispanic community and to develop and test interventions to determine what works to address Hispanic health disparities. During the first 3 years, three major phases are planned and include: assessment/data gathering, analysis/education, and intervention/evaluation. IPHH started the second year of the project July 1, 2006 in the midst of conducting individual interviews with Hispanics in southwest Idaho.



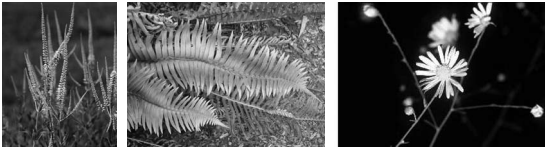
Field researchers from the Idaho Area Health Education Center.

Five hundred nineteen (519) individual interviews were completed in an 8-county area in southwest Idaho by mid August and a focus group was conducted with our Community Advisory Board in July. All survey instruments and questionnaires and our research process were approved by the University of Washington Human Subjects Committee. Fourteen field researchers were interviewed and hired, and a training program was developed and completed by the field researchers who are mostly Hispanic.

The preliminary analysis (frequency/percentages only) of the 519 interviews included 320 women and 199 men with most (70%) reporting being born in Mexico. The average age was 36; close to 40% don't read English and 49% don't write English; 40% have less than a sixth grade education; 61% are employed for wages mostly in agriculture, service, or construction. Of those that did complete the questions related to

continued on page 5





Idaho Partnership cont.

monthly income (\$451), 24% reported a monthly income of \$1,000 to \$1,499, 18% reported monthly incomes of under \$1,000, and 3% reported incomes greater than \$5,000 a month. Sixty-two percent don't have any health coverage or insurance primarily because they don't have the money to pay for it; 72% don't have dental coverage or insurance; and 22% reported difficulty getting health services. Sixty (60) or 11.6% reported they have diabetes. Of those who reported to have diabetes, 22% reported taking insulin; 52% reported taking pills while 16 don't do either; roughly 47% don't check their blood sugar at all; 23% had Hgb A1C tests done within the past 12 months; 43% had a dilated eye exam in the past year; 55% have taken a course in self-management; but 35% never checked their feet for sores. A thorough analysis of all this data is currently being completed and when completed and reviewed by project partners, will be posted to <http://www2.state.id.us/icha/iphh/>.

Centro de Comunidad Y Justicia (CCJ) will also be completing an additional 25 to 40 key informant interviews by the end of September which will conclude the data gathering stage.

For more information about the study, please contact Linda Powell at lpowell@mtnstatesgroup.org or by calling 208.336.5533.

Humphreys Diabetes Center Puts Boise on the Map in Diabetes Research

Lisa Gonser, Director of Marketing & Community Relations,
Humphreys Diabetes Center

Humphreys Diabetes Center (HDC) is putting Boise, Idaho, on the international map in diabetes research. For the past year and a half, HDC has played a crucial role in TrialNet, an international research study on type 1 diabetes. TrialNet is conducting multiple clinical trials with investigators from 18 clinical centers in the United States, Canada, Finland, United Kingdom, Italy, Germany, Australia and New Zealand.

HDC is the leader in this world-wide effort. As an affiliate of the Northwest Clinical Center at Benaroya Research Institute in Seattle, HDC has screened the most family members, helping identify individuals who may be at risk for developing type 1 diabetes. "Humphreys has done an amazing job getting so many families involved in this very important research," says Carla Greenbaum, MD, Director of the Northwest Clinical Center.

Since September 2004, the Humphreys' team has tested more than 400 individuals by hosting local screening events and visiting Camp Hodia, a summer camp for youth with diabetes. Over the course of TrialNet, several studies will be conducted in patients with newly diagnosed (new onset) type 1 diabetes, as well as in relatives of people with type 1 diabetes who are at greater risk of developing the disease.

Humphreys Program Director Judy Davis, RN, CDE and study coordinator, Betsy Koehler, represented HDC at the TrialNet meeting in Miami, Florida, on January 31-February 2. "We believe strongly in the TrialNet research, and we are very committed to recruiting as many people as possible to participate," explains Judy Davis. "We are extremely excited to learn that we are the number one recruitment center in the world."



Article Highlight

The Role of Body Mass Index and Diabetes in the Development of Acute Organ Failure and Subsequent Mortality in an Observational Cohort

Katarina Slynkova, David M Mannino, Greg S Martin, Richard S Morehead and Dennis E Doherty. *Critical Care* 2006, 10:R137 doi:10.1186/cc5051.

Diabetes, with or without obesity, is a high risk condition, say researchers from the University of Kentucky and the University of Emory, Atlanta, USA. Obese people (Body Mass Index (BMI) over 30) who do not have diabetes are at no greater risk of death than non-obese people without diabetes.

Findings from the prospective cohort study of 15,408 people, aged 44-66, revealed that people with diabetes are three times as likely to experience organ failure over a three-year period, when compared to non-diabetics. Researchers found that 5.4% of the people with diabetes died during the three-year period, compared to 1.6% of people without diabetes.

Other facts from the study include:

- 52% of those with diabetes were obese
- 24% of those without diabetes were obese
- The higher the BMI, the higher was the prevalence of diabetes

The researchers concluded that the risk of acute organ failure, followed by death, is more closely linked to diabetes than whether a person is or is not obese.

Garden City Community Clinic and Central District Health Collaborate on Nursing Education Pilot Project for Diabetes

Most health care professionals probably have drawers overflowing with pamphlets, brochures, booklets and other items about disease information. This particular, congested information highway sometimes makes us all want to drive off onto a nice, scenic dirt road.

About three years ago, Lorrie Apel, Manager of the Garden City Community Clinic, opened a file cabinet to find it jammed full of diabetes patient materials. After reviewing them, she noticed that nearly all were written at too high a level for many of the clinic patients. (The free clinic serves those under 200% of the Federal Poverty Guidelines with no access to health insurance.) With her background in Adult Education, she also recognized that the materials didn't meet the information needs of her patients who come from low-income households, which makes their need for diabetes education more basic and salient to their present circumstances.

Lorrie's involvement in the Diabetes Collaborative led by Marjorie Rich of Central District Health helped to bring the Nursing Education project to life. Marjorie's background as a Certified Diabetes Educator was invaluable in her volunteer work at the Garden City clinic. Both Lorrie and Marjorie recognized that the nurse volunteers had little time to sort through the vast amount of diabetes materials at the clinic and then try to glean basic details from them to share with the patients. They saw the need to develop diabetes education materials that nurses could easily read so that they, in turn, could educate the patients.

The concern that diabetes education was suboptimal at the clinic helped to begin a larger conversation about why nursing volunteers were not adequately providing patients with this information. Marjorie and Lorrie created a survey that was sent in September to the Garden City clinic nurses, the purpose of which is to discover what factors limit or prevent diabetes education by nurses. Results will be analyzed this October.

In the meantime, the clinic, with Marjorie's assistance, is developing a diabetes packet that nurses will use to educate newly diagnosed patients. It includes a pamphlet for patients written at the 4th grade level. The pamphlet is currently in review and will eventually be printed,



Nursing Education Pilot cont.

through funds obtained from Central District Health. Plans are first to train the nurse volunteers how to use the packet and then, sometime next spring, the volunteers will be surveyed regarding the effectiveness of the tool.

If you have any questions about this project and the materials developed, please contact Lorrie Apel, MS, RN at Lorrie@genesismission.org or by phone: 208.384.5200, ext. 12; or Marjorie Rich, RD, LD, CDE at mrich@cdhd.idaho.gov or by phone: 208.327.8619.

New CDC Website

The National Diabetes Education Program (NDEP) recently launched the "Better Diabetes Care" website for healthcare professionals (www.betterdiabetescare.nih.gov). The website provides information, models, links, resources and tools to help health-care professionals assess need for systems change, develop strategic plans, implement tools for action and evaluate the systems change process.

2006 Calendar

October

School Nurse Organization of Idaho Fall Conference
October 5-6, Hampton Inn and Suite at the Idaho Center, 5700 E Franklin Road, Nampa. Contact Helen Root (208)454-3237 or hroot@nsd131.org for costs and a full agenda.

19th Annual Idaho Conference on Health Care, "Health Quality: Sifting Through the Evidence"
October 25-28, 2006, Idaho State University. Pre-register by October 15th. For more information and to download a brochure, go to <http://www.isu.edu/kchp/hlthconf/schedule.shtml>. Pre-Session on Diabetes: "What's New in Diabetes: New Focus, New Meds, New Strategies."
October 25, 2006, Idaho State University, Pond Student Union Building theatre, Pocatello, 7:30 - 4:30 PM, cost: \$30 (includes lunch). CEUs will be offered by Idaho State University as part of the Idaho State University Health Conference. Contact Cherie Nelson, Southeastern District Health Department (208)478-6315 or Timalee Geisler, Health District VII, (208)522-0310.

Rural Health Care Diabetes Health Professional Update

October 13, 2006, Monastery of the Ascension, Jerome, free of charge. CME CEUs available for \$15. Contact Ann Bybee at (208)308-0131.

"Diabetes Now" Community Update

October 14, 2006, Jerome High School, free of charge. Contact Ann Bybee at (208)308-0131.

November

Idaho Diabetes Education Issues & Solutions Summit
November 2, 2006, Hilton Garden Inn Boise Spectrum, 7:30-4 PM.

Diabetes Alliance of Idaho Semi-Annual Meeting
November 3, 2006, Hilton Garden Inn Boise Spectrum, 7:30-3 PM.

Professional Diabetes Update

November 10, 2006, Humphreys' Diabetes Education Center, November 10, 2006, 7:30-noon, cost: \$30 (includes breakfast). CEUs offered for RNs, RDs, and Pharmacists.

Idaho Diabetes Prevention and Control Program

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Idaho Diabetes Prevention and Control Program

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Resources

Centers for Disease Control and Prevention - www.cdc.gov/diabetes

Idaho Diabetes Prevention and Control Program - www.healthy.idaho.gov

National Diabetes Education Program (NDEP) - <http://ndep.nih.gov>

American Diabetes Association - www.diabetes.org

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) - www.niddk.nih.gov

Diabetes at Work.org - www.diabetesatwork.org

American Association of Diabetes Educators - www.aadenet.org

American Heart Association - www.americanheart.org

American Dietetic Association - www.eatright.org